

# *2007 Family & Consumer Sciences Summer Conference*



## **Fresh Pasta – Simply Elegant Yet So Economical**

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*Riverton High School*  
*Riverton, Utah 2007 Family & Consumer Sciences Summer Conference*

# “Fresh Pasta – Simply Elegant Yet So Economical”

**Objectives:** By the end of this class, students will be able to

- Identify different types of pasta
- List common ingredients used in pasta
- Discuss principles of fresh pasta production
- Prepare a variety of fresh pasta dishes

**Class Sequence:**

- Introductions
- Power point presentation on pasta with class discussion
- Menu review and production organization
- Fresh pasta menu preparation
- Buffet platter assembly
- Fresh pasta buffet
- Kitchen sanitation



## **BASIC PASTA**

### **Amount**

3 oz.  
7 oz.  
3 each  
1 Tbsp.  
½ tsp.

### **Ingredient**

Semolina flour  
All purpose flour  
Eggs  
Olive oil  
Salt

**Yield:** 1 pound

### **Tomato Pasta:**

3 oz. Tomato paste  
(Mix eggs, olive oil, salt, and tomato paste in a separate bowl before combining with flour)

### **Spinach Pasta:**

3 oz. chopped spinach, squeezed dry  
(Mix eggs, olive oil, salt, and spinach in a separate bowl before combining with flour)

### **Fresh Herb Pasta:**

2 tsp. each chopped parsley, basil, oregano, thyme

## **METHOD OF PRODUCTION**

1. Gather all ingredients.
2. Mound the flour on a work table and make a well in the center. Add the eggs, olive oil and salt.
3. Using a fork, beat the wet ingredients until combined. Gradually pull the flour into the wet ingredients until a thick paste is formed.
4. Use your hands to incorporate the remaining flour into the wet dough. Knead the dough for several minutes until smooth. Add a little more flour if the dough is sticky, add a little water if the dough is too dry.
5. Wrap dough in plastic and let rest for 15 minutes.
6. Divide the dough in to pieces, and roll out each piece to desired thickness, using a pasta machine or rolling pin. Keep each piece covered until you are ready to roll it. Cut or shape according to recipe.

**NOTE:** When rolling out dough, pass pasta through the widest setting 6 times until it becomes smooth before changing the thickness setting.

## **RICOTTA CHEESE FILLING**

### **Amount**

3 lbs.  
3 each  
1.5 cups  
½ cup  
2 Tbsp.  
1 Tbsp.  
1 Tbsp.  
1 Tbsp.  
2 tsp.  
2 tsp.

### **Ingredient**

ricotta cheese  
eggs  
grated mozzarella cheese  
grated parmesan cheese  
chopped parsley  
salt  
basil  
oregano  
thyme  
black pepper

## **METHOD OF PRODUCTION**

1. Add all ingredients into a stainless mixing bowl and combine thoroughly.
2. Adjust seasonings if necessary.